

# Area Hiking Trails

Courtesy of

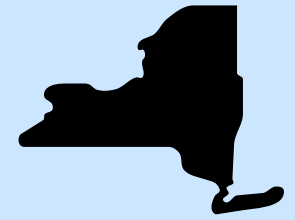


**Health Directions**™

Health Insurance Planning

PARK AND LOCATION	DIFFICULTY LEVEL	AVERAGE TRAIL LENGTH (MILES)	OTHER ACTIVITIES	POINTS OF INTEREST
<b>SETH LOW PIERREPONT STATE PARK RESERVE</b> Ridgefield, CT <a href="#">website</a>	Easy and Moderate	3.25	Boating, Fishing	Pierrepont Lake, Redding hills and, on rare occasions, views of Long Island Sound.
<b>TARRYWILE PARK</b> Danbury, CT <a href="#">website</a>	Easy and Moderate	3	NA	The park consists of 722 acres of woodlands, fields, ponds, and the Tarrywile Mansion.
<b>INDIAN WELL STATE PARK</b> Shelton, CT <a href="#">website</a>	Easy and Moderate	3 (One @ 8.5 miles)	Boating, Picnicking, Fishing, Swimming	The park's scenic waterfalls and splash pool give this park its name, Indian Well.
<b>MINE HILL PRESERVE</b> Roxbury, CT <a href="#">website</a>	Easy and Moderate	4	Fishing, Cross-Country Skiing	One of 32 preserves in the Roxbury Land Trust, it offers spectacular views, babbling rivers and streams.
<b>MIANUS RIVER PARK</b> Stamford, CT <a href="#">website</a>	Easy and Moderate	2.25	Mountain Biking	Great canopy of leaves cuts down on the heat. You might catch an otter playing on the rocks or see a bald eagle nesting.





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BENNETT'S POND STATE PARK Ridgefield, CT <a href="#">website</a>	Easy, Moderate and Difficult	5.25	NA	Offers pond views, swans and other wildlife, plus lots of trails.
ROCKEFELLER STATE PARK PRESERVE Pleasantville, NY <a href="#">website</a>	Easy and Moderate	3.25	NA	Swan Lake & the Pocantico River sparkle in every season. Unspoiled forests, meadows & wetlands.
BEAR MOUNTAIN STATE PARK Bear Mountain, NY <a href="#">website</a>	Easy, Moderate and Difficult	5.25	Mountain Biking, Cross-Country Skiing	Great views of the Hudson River. Great leaf peeping. Many waterfalls and ponds.
WARD POUND RIDGE RESERVATION Pound Ridge, NY <a href="#">website</a>	Easy, Moderate and Difficult	6.25	Running, Fishing	Cliff views and wildlife.
HARRIMAN STATE PARK Southfields, NY <a href="#">website</a>	Moderate and Difficult	6.25	Swimming, Biking, Fishing	Huge park. Offers lakes, beaches, wooded trails, camping areas, wildlife and elevated vistas.